

SG1A

Attachment to

651. МИАК Н.М. Блок с целью выявления болезней мозговых сосудов. М., 1966.

652. МИХНОВ Н.А. Психотерапия и лечение больных невротами и психосоматическими заболеваниями и синдромами. В сб.: Психотерапия и археология в комплексном лечении и реабилитации больных на курорте, Харьков, 1972.

653. НИКАРД Ф. Восстановление утраченной мимики нервов. СНГ, б/н.

657. ОДИНАЦКАЯ В.М. К вопросу о психотерапии психогенных форм при неврозах. В сб.: Вопросы психотерапии в общей медицине и психоневрологии, Харьков, 1972.

658. ОДИНАЦКАЯ Г.М. Практическое руководство по лечению психогенеза. М., 1972.

660. АРХАЕВ В.С. Способность к саморегуляции как компонент общей организма. В сб.: Материалы IV Всесоюзного об-за психологии, Тбилиси, 1971.

660. АВИЧКОВ Д.А., АСАДЖИЯН А.А. Адаптационная в коллативной психологии при лечении хронического алкоголизма. В сб.: Вопросы психотерапии в общей медицине и психоневрологии, Харьков, 1968.

661. ИЛЬИЧЕВ Н.А. О применении психотерапии и комплексном лечении эпилептических реакций у особых патологических атипичных. В сб.: Вопросы психотерапии в общей медицине и психоневрологии. Харьков, 1968.

662. ИЛЬИЧЕВ Б.А. Опыт организации психотерапевтической помощи на курорте. В сб.: Психотерапия в курортологии, Харьков, 1958.

663. ИЛЬИЧЕВ Б.А., ЖАДАНОВ В.Г., КАСТАРОВ Д.А. Индивидуальная и коллативно-групповая психотерапия: сердечно-сосудистого и кишечно-брюшного синдрома при неврозах и невротических состояниях. В сб.: Психотерапия в археологии. В комплексном лечении и реабилитации больных на курорте, Харьков, 1972.

664. ИЛЬИЧЕВ Б.А. О методе самопривязки в тренировке гимнастов. В сб.: Амнистия, в.1. М., 1973.

665. ИЛЬИЧЕВ А.Г. Опыт применения психотерапии в условиях курорта при нейро-заболеваниях, сопровождающихся синдромами и симптомами. В сб.: Психотерапия и археология в комплексном лечении и реабилитации больных на курорте, Харьков, 1972.

СОЧИМОВ А.Н. Метод аэробной тренировки речи при артогенезе. В сб.: Вопросы психотерапии в общей медицине и психоневрологии, Харьков, 1960.

SUMMARY

The problem of psychical self-regulation in all its aspects has always been and still is the object of great interest on the part of the scientists working in various fields. (The book is supplied with the bibliographical index).

Nowadays the problem of psychical self-regulation is of special importance, the sense of it being connected with the necessity of finding out means and possibilities aiming at the organism reserves mobilization for cure and other applications in the extremal conditions as well as in usual states.

The aim of the first thematic book is to acquaint the readers with the researches carried out in this field, to establish contacts among research workers concerned with the problem and to achieve stimulation and the information exchange as far as the problem is concerned.

- 451 -

The list of the authors being large, it does not represent all those who are engaged in this field. But the list of the authors and the questions discussed illustrate the importance of the problem and the interest aroused by it.

It should be emphasized that all the papers presented are original ones and contain new ideas as to the experimental-theoretical and applied aspects. Some of them should be pointed out particularly - those which deal with the complex changes research arising in the organism under influence of self-suggestion (for example, of the normal subjects being trained in the active self-suggestion - AS and its variation - internal-test active self-suggestion - IAS).

The book consists of the parts dealing with experimental-theoretical research, curing and other applications of self-regulation, and the papers in general biological aspects.

The papers given in the general biological part are of special interest. First of all it relates to the works realized in the domain of bio- and psychoenergetics (especially the phenomenon ANTI which shows the possibility of the distant and contact influences by means of psychical self-regulation - self-suggestion on the biological and inorganic objects which causes the change of their structure).

The considerations stated above allow to regard the psychical self-regulation as the problem of general biological plan.

Issuing the present book permits to hope that such publications will be regular and will lead to the establishment of the information exchange coordination and the further development of theoretical and experimental research and the practical application of the investigation both in the psychical self-regulation field and in the neighbouring fields.

- 452 -

CONTENTS

ROSEN, A.S. Psychical self-regulation, its importance and resources.....	5
CHAPTER I. EXPERIMENTAL-THEORETICAL PART	
ROSEN, A.S., BOLOTova, N.A., ZAGORODNIKAYA, N.N., YOVK, I.G., KIRILETUV, E.M., SIVOVOL, L.M., A.Y. PSYCHOENERGETICS, D.P.P., SPILMAN, V. N. Complex research of the changes caused by the active self-suggestion (AS).....	9
BOLOTova, N.A. The change of brain mechanisms as the source of active suggestivity.....	13
GIBSON, L.B. Skin surface dynamic research during self-regulating training.....	17
GRAVE, P.S. Some psychical regulation theoretical problems.....	23
DEVIZOZAYA, I.T. Skin potentials dynamic changes under influence of various factors causing organism general psychopathological state.....	27
ZAGORODNIKAYA, N.N., KIRILETUV, E.M., KANDROVYI, Z.V. The change of skin h-cohesion indices (as to acid-base and electrolyte balance data) under influence of active self-suggestion (AS).....	33
KONDRAEV, A.M. Mathe-yoga (its sources).....	37
KONONKAI, B., SHITPOKH, E. On "Zen"-Buddha exercises in psychotherapy aspect.....	41
KOSTIN, A.A., ZAKROV, V.I. Ideotechnic sessions and their forming with the help of technical means.....	47
KULIKOV, P.G. On the hypnotic suggestion problem.....	51

The papers are arranged in Russian alphabetical order

- 453 -

MINOVICH, K.I. On the problem specific self-organization and self-regulation principles of physical and somatic human functions.....	55
MINOVICH, K.I., PFTOROVICH, O.P., KURILUTOV, B.M. The change of regulating blood system (after the coagulogram) by active self-suggestion method (AS).....	59
PIASOV, A.T. On some factors influencing the degree of susceptibility.....	63
GRIBAIKUSAYA, I.P. Limbic brain field ties in the system of psychical self-regulation morphophysiological structures.....	67
GRIBAIKUSAYA, I.P., KURILUTOV, B.M. On the influence of active self-suggestion (AS) on some heart-vascular reactions (after complex research by "Biosens-5").....	69
CHAPTER II. CURS USAGE	
SHOLOHINA, S.N., KOPPOLOVA, G.V. On the results of active self-suggestion (AS) application in the sanatorium "Turkib".....	73
KIRGIZ-EMEK, L.M., SHERZER-BAGDARSHANIAN, A. The application of modified autogenic training in psychogeriatrics.....	79
KORNIKOV, A.I., MELIKOV, V.G., KHUGAEVICH, A.P., KARPMAN, K.I. On the objectivation of results value and vegetative changes characteristic of chronic alcoholics patients during autogenic training.....	83
NUKUS, R.A., POKORY, O.M. On the problem of hypothalamic disorders cure by self-suggestion.....	87
MUNO, N.E. On the problem of differential-diagnostic autogenic training value.....	91
KUTOVICH, A.G. The application of "autopsychotherapy pulc" in the extranal state department of the psychiatric hospital.....	95
VASYAEVA, N.I. On the problem of importance of psychotherapy in the complex cure of children epilepsy.....	99

VERENETEV, A.P., NIKIPOLOV, O.R. On the autogenic training application in the complex cure of patients with paroxysmal psychoses.....	101
GRIBAIKUSAYA, I.P. The neurosis and stuttering cure by autogenic training.....	105
OLDSMAN, E.V., ENIGROTE, B.M. The importance of suggested and self-suggested mimicry in the process of neurotic cure and determined behavior types simulation.....	109
OLDSMAN, E.V., ENIGROTE, B.M. On the problem of autogenic training, curving gymnastics, regional physiotherapy, hypnosis as an unify complex cure process of patients with hypochondriac states.....	113
MULAND, Y.G. The application of autogenic training and self-suggestion in the complex psychotherapy of sexual disorders.....	117
GOLDRIAT, Y.V. On the level of psychical self-regulation of postinjury patients connected with restoring cure efficiency.....	123
ZUBOVYCH, L.N., CHIZAIKOV, A.I. The elements of psychical self-regulation in the works morpho-psychotherapy system.....	127
DEGLIN, V.V. Collective psychotherapy of sleeping disorders in some forms of neurosis.....	131
SHUTKHEVA, I.V. On the possibility of self-suggestion method application to the children with functional cases.....	135
DOVRAK, I.P. The application of active self-suggestion to the chronic alcoholics and insomniac patients.....	139
DONCHENKO, N.N. Self-suggestion in the night irrigation of urine out of children.....	141
YEROLAYEV, O.V., ANTROCHUK, V.I. The cure of neurotic patients with cardiophobics syndrome by means of collective psychotherapeutic training joined with dancing running.....	145
RAYEV, V.L. The application of autonomic training for cure of neuroses and cerebral atherosclerosis.....	150

СОДЕРЖАНИЕ

POELL A. C. FLUORESCENT CONSTITUENTS OF MUSCIMOL

CHAPTER IV. SOUTHERN HISTORIANS

The second thematic symposium of scientific practical papers on the problem of "PSYCHICAL SELF-REGULATION" USSR, Almaty, 1973.

The chairman of the organization committee, editor-in-chief — ROMEN, A. S.

(Poste Restante, General Post Office, 480000 Alma-Ata, USSR)

Editorial board:
Bogashova, Z. G., Inyushkin, V. M., Ivanov, I. P., Liberman, S. L.

Mazurova, N. I., Fedorova, N. N.

SUMMARY

The second symposium is the second installment of the thematic collection on the problem of "Psychical self-regulation" (I. I. Alma-Ata, 1973).

It was already in the first installment that psychical self-regulation (PSR) was treated as the problem of the general biology level. At that time the approach to PSR as to the evolutionary conditioned characteristic, which is one of the significant and leading quality of an organism, in particular closely tied with the interactive possibilities, bio- and psychomotoric interaction was formed. This is the reason and corresponding trend of complex study and practical application which may be thematically defined in the given symposium, as "Psychical self-regulation — reserve possibilities of an organism — bio- — psychomotoric interaction". This direction at this particular stage is believed to be the most perspective in experiments and theoretical, as well as in applied examination of PSR. The information of the symposium and the vast number of works, published on this problem (in particular, in the scientific literature, there are more than 1000 denominations, taking into account the subjoined bibliographic index and articles of the symposium) testifies to this.

A peculiar bio- — psychomotoric influence manifesting, specifically, as a certain,

i. e. a biogenic, stimulation may be marked as one of the leading moments of

psycical self-regulation. At the same time the phenomena of the biological stimulation take place in other influence, on organism, for example, by monochromatic light (including laser). Undoubtedly, the study of the bio- and more detailed ex- source and more precise definition of mechanism of psychical self-regulation and thanks to this the expansion of scope of its practical application is possible. That found its reflection in the reports of a section, devoted to adjacent problems of the general biology level.

All stated here, with regard for the tasks represented in the symposium, forms

corresponding directions of further all-round experimental theoretical and directly applied study of psychical self-regulation.

INFORMATION

The first thematic symposium of scientific-practical works on the problem of "Psychical self-regulation" was published in 1973, in Alma-Ata.

The chairman of the Organization Committee and editor-in-chief — ROMEN, A. S.

Editorial board: Inyushkin, V. M., Ivanov, I. P., Liberman, S. L.,

Mazurova, N. I.

The symposium consists of four sections: "Psychical self-regulation in man and animals", "Theoretical problems of psychical self-regulation", "Psychical self-regulation in plants", "Psychical self-regulation in micro-organisms". The reports are 107, documents 104.

The first thematic conference "Psychical self-regulation" was held on June 2-7, 1973.

The chairman of the Organization Committee and editor-in-chief — ROMEN, A. S.

Summary and Table of Contents in English.

The chairman of the Organization Committee and editor-in-chief — ROMEN, A. S.

Special settings on the following subjects were held:

1. Experimental-theoretical problems of psychical self-regulation.

2. Medical application of psychical self-regulation.

Chairman — A. S. ROMEN, V. V. Vasiljev (Moscow).

3. Outomedical application of psychical self-regulation.

Chairman — G. S. Leonid Davydov (Moscow).

4. General biology associated problems. Chairman — I. V. Vasiljev (V. V. Vasiljev).

Chairman — A. S. ROMEN, V. V. Vasiljev (Moscow).

The reports, submitted to the Scientific Conference, taking place in the first above mentioned thematic Symposium.

The reports, submitted to the Scientific Conference, taking place in the second thematic Symposium, 1975, are gathered in the second thematic Symposium.

In the conference resolutions the necessity and great significance of the problems of psychical self-regulation and the necessity of its profound study was marked.

In particular it was stressed that the PSR influence affects an organism as well as its environment, that is, the environment of the organism itself, as well as everyday significance of PSR.

It was marked that PSR is the essence of the problem of the general biology level, and its study must be held on the interdisciplinary level, with regard for modern scientific methods of achievements. Special attention is to be paid to bio- and psychomotoric aspects of PSR, which permits to investigate its effects (especially) with regard to the most immediate forward and future directions.

At the Conference "Psychical self-regulation" International Conference on the problems of psychical self-regulation and bio-psychomotoric was held in Alma-Ata (V. V. Vasiljev, I. V. Mazurova, N. A. Almazov, V. M. Inyushkin, V. N. Shvarts, O. V. Slobodcikova, V. M. Slobodcikova, A. N. Roman, A. S. ROMEN, N. I. Fedorova, N. N. Fedorova, N. N. Mazurova, N. N. Shvarts, V. V. Vasiljev, V. V. Vasiljev).

The first Conference on the problems of psychical self-regulation was held in Alma-Ata (V. V. Vasiljev).

Here are the main conferences, on the agenda of which there was the problem of "Psychical self-regulation" as well:

Attachment to 20-327/2, 232-19

June 1973, Czechoslovakia (Prague) — I International Conference on psychotronics research.

June 23—30, 1973, Norway (Oslo) — IX International Congress on Psychotronics, special sittings on autogenic training were singled out.

July 1—4, 1973, Sweden (Uppsala). VI International Congress on hypnosis. Special sittings on Yoga, Autogenic Training etc were singled out.

August 19—30, 1973, Brazil (Rio de Janeiro). IV Panamerican Congress on hypnosis and psychosomatic medicine and III Brazilian Congress on hypnosis.

Terminology (and abbreviation) used in publications (and discussions) of the material on the problem of "Psychical self-regulation and psychogenetic".

Psychical self-regulation (PSR) — regulation of various processes and actions (reactions) of an organism (influence on them), realized by itself with the help of its psychical activity (self-influence).

Psychical regulation (PR) — regulation of various processes and actions (reactions) outside the organism (influence on them) with the help of psychical influence (activity). PSR is of special significance here (especially its outward manifestation).

Self-suggestion (S) the basis of PSR — a complex volitional process, providing with the forming of real lines of an organism for a certain action (reaction) with the necessity of its realization. At the same time its characteristic feature is that the situation of action, produced by psychological activity of the organism is more important and often renders more pronounced influence on it than real conditions.

Autogenic training (AT) — a method of PSR, the basis of which is an application of special self-suggesting formulas, allowing to influence some processes in an organism, including ones, which do not yield to the control of consciousness. (The method proposed and elaborated by I. Schultz, is applied since 1925. A number of modifications was proposed later by different authors).

Active self-suggestion (AS) — method of PSR based on special self-suggestions, which provide peculiar background conditions and necessary aim influence on an organism and processes taking place in it (proposed and elaborated by A. S. Romens. It is applied since 1964).

Intermittent active self-suggestion (IAS) — a version of AS alternating, in particular, to render special training with the use of back communication.

Self-suggested corrected behaviour (SCB) — a version of AS, Self-suggested swinging of weight (SSW) — a tool on definition of self-suggested ability and of some personal qualities (the indicated symptoms and the given test proposal had suggested by A. S. Romens).

Psycho-regulation training (PRT) — a method of PSR, the leading component of which are special formulas of self-suggestion, that make it possible to render psycho-regulation influence on an organism. (Elaborated by Neeser, A. V. Applied since 1966, generally in sport practice. During the last years special addition to PRT was proposed by Glaser, L. D.)

Psychical activity (PA).

Psychical influence (PI).

Psychical self-influence (PSI).

Psychotherapy (PT).

Psychopathoplasm (PP).

Psychohygiene (PH).

Suggestionology (SGL).

Suggestionopedia (SOP).

Relaxopedia (RP).

Biological activity (BA).

Biological field — biofield (BF).

Biological plasma — bioplasma (BP).

Bioenergetics (BE).

Psychoenergetics (PE) — the science studying energetic of (and the manifestation) appearing under the influence (stimulated) of psychical activity (psychoenergetism — the manifestation and significance of psychoenergetical factor).

Onenergetic activity (OEA).

Psychoenergetic activity (PEA) — Power changes (and their manifestation) appearing under the influence of psychical activity.

Bioluminescence (BL).

Electroluminescence (EBL) — luminescence of biological objects under the influence of electrical field (in particular, of high-frequency impulsive electrical field of high tension).

Electroluminescence (EL) — luminescence of non-biological objects under the influence of electrical field (in particular, of high-frequency continuous electric field of high tension).

Photoluminescence (PL) — luminescence (in particular, of aromatic organic substances (PL)). (Here as well, for example, monochromatic red light (PL), from aromatic green light (PL)).

the construction of internal and external self-regulating mechanisms. The results of these experiments are mentioned.

Vinogradov, A. L. "peculiarities of [psychical self-regulation] depending on the change on the thinking its content" (p. 27). An experiment of determining the efficiency of influence of autogenic training on the individual's physical performance is mentioned.

Vinogradov, A. L. "To the problem of the psychical self-regulation hierarchy" (p. 31). A hierarchical scheme of psychical self-regulation (PSR) is considered. The scheme includes three levels: a deep relaxation consciousness, a very consciousness and a level of invariable actions. PSR is interpreted as an art of control, fine-tuning and search for optimum.

Gerasimov, V. V. Sediuk, A. I. Shumina, A. I. Cheshenko, G. S.

"On psychical influence of gamma currents for muscles relaxation" (p. 45). The experiments showed that the frequency of oscillations and the character of the spasmotic tremor curve are very closely related under the influence of electric currents for relaxation. The fluctuation law of amplitude of the spasmotic tremor in the curves of tremograms, which are in control muscles at different frequency, is similar to the length of the curves of tremograms.

Gerasimov, L. D. Kuklin, V. R. Lisovits, V. M.

"Some objective results of psychotherapy using training influences on organism" (p. 25). In the experiments of psychotherapy, objective measurements that the psychotherapy influences training methods characterizing a number of reactions lowering its amplitude in the muscles. Psychotherapy can exert on the use of psychotherapy, when the ability of cells to utilize the environment.

Goray, P. S. "The cognitive aspect of psychical self-regulation" (p. 39).

The cognition of the phenomena observed under psychical self-regulation (p. 39). The psychical problem is discussed as well as the role in systematic psychotherapy. The investigations of the psychical self-regulation phenomena is brought up. A synthesis of the psychical self-regulation on the information, time, causal and signal systems of effects for the psychical in activity is presented.

Gribberg, V. A. Yarilova, Y. V. Suvorova, P. M.

"The study of the interference in static effects and active self-energetics on the basis of the change in the type of temperature is considered. The type of static and dynamic of self-energetics can be used as the indicators of self-regulation" (p. 40).

Gub, I. I. "Sopirology" (p. 41).

The versatility of effects caused by the motion of sopirology is described. The motion and effects of motion are discussed in more detail.

Zolotarev, V. S. "The ways of realization of neurologists' potential" of

influence on the organism" (p. 42).

7. The abstracts are arranged in Russian alphabetical order.

ABSTRACTS

Romen, A. S. "Experimental-theoretical and applied problems of psychical self-regulation" (p. 5). The versatile trend of experimental-theoretical studying of psychical self-regulation (PSR) is described. The manifestations of self-regulation as the basis of PSR is particularly marked. Applied possibilities of PSR inducing its inward and outward activity.

Chapter I EXPERIMENTAL-THEORETICAL PROBLEMS

Aleseev, A. V. "An effect of shortened variant of Psycho-regulating training on tremor" (p. 17). A new, shortened variant of the tranquilizing part of the psycho-regulating training consists of six formulas fundamentally different from the form of the "classical" variant of autogenic training according to I. Solov'ev's method. The shortened variant of PSR has a marked tranquilizing effect, that has been revealed while studying tremor in gymnasts.

Blakhtyarov, O. G., Zlochevsky, S. E. "Logical peculiarities of cognitive situation in the sphere of psychical self-regulation phenomena" (p. 18). The report examines the cognitive situation in the sphere of investigations in the problem of psychical self-regulation (PSR), and marks the peculiarities of the situation and the necessity of working out the corresponding logical apparatus for adequate description of PSR processes.

Belous, V. V. "Primary functional relations between the character of the temperament as the condition of self-regulation" (p. 20). The article deals with some psychological conditions promoting active minimum with necessary adaptation of different individuals to different demands of activity.

Belousov, G. S. "On the psychological basis of the active psychotherapy" (p. 22). The psychological basis of psychotherapeutic methods joined by the kind of their action is discussed. It is suggested to mark "self-suggestion" however, dividing it into active and passive forms. Auto-suggestion (passive) and active (active) are formulated in this article and the attempt to compare their possibilities is made.

Bogachev, V. N. "On the possibilities of the arbitrary regulation of temperature by using electric stimulation of negative emotionalogenic zones" (p. 27). The experiments demonstrated that the process of "influence" on man's temperature of a rabbit's ear is more of 'statistical' nature than biological significance.

Gorishchev, M. I. Tishishenko, S. P. "On the problem of determining psychical self-regulation of a personality" (p. 27).

* The abstracts are arranged in Russian alphabetical order.

The paper deals with the study and realization of potential possibilities of the substances above use for optimization of intellectual activity.

Zolotov, Y. A. "Possibility of emotional self-regulation of the blood pressure and the respiratory function" (p. 80). It's not possible to change the level of the arterial pressure in the rabbits, when negative emotions, either of a peripheral or central origin serve as reinforcement factors. It is possible to make a partial instruction of work of the respiratory function at the same reinforcement and it is more successfully carried out when the peripheral emotional origin stimuli are used.

Kozin, A. P. "On the principles of teaching the psychophysiological self-regulation" (p. 53).

The offered method of teaching psychophysiological self-regulation is the attempt of simplification of the process of assimilation of self-regulation formulas. Kondratenko, A. M. "Yoga and psychical self-regulation" (p. 55).

This report is devoted to the system of yoga as the specific form of psychical self-regulation, the aim of which is the achievement of the special state of psychics called "samadhi".

Krupnov, A. I. "Actions of the brain and activity regulation" (p. 57).

Individuals with high signs of activity have a tendency to the lower values of the alpha-index in both recordings for higher signs of intensity beta-2 rhythms and the level of the asymmetry of the summa "energy of beta-alpha-EEG in the frontal and in the occipital recording and higher values of the alpha-rhythm frequency in the frontal and in the occipital recordings. Individuals with a lower level of behaviour activity show a contrasting trend in relation to the above mentioned EEG indices (p. 59).

Levititsky, V. P. M. "Studying the blood at a static pose and its active self-regulation" (p. 61).

Studying of the blood after a static pose and its active self-suggestion showed the liveness of the blood's reactions; especially clearly increased the number of blood's white cells and the speed of coagulation. This can testify to adaptation of organism to static effort and about the force of self-suggestion.

Luthje, W. "Autogenic feedback training" (p. 61).

Different ways of use of biologic feedback in the process of teaching autogenic definite ATI are described. In particular as for the control over the matching of definite ATI exercises, so for the heightening the effect of their activity.

Mal'karenko, Y. A. "Peculiarities of the self-regulated regulation of the heart rate in the situation of controlled experiment" (p. 67).

In the experiment on the unanesthetized rabbits an automatical reinforcement was made by means of electrical stimulation of emotional areas of brain in response to acceleration or deceleration of the heart rate. Autonomic character of this changes confirms that they are carried out on the basis of instrumental conditioned reflexes.

Mal'karenko, Y. A. "Methods of the definition of the convention of the attention" (p. 70).

In the present work there are expounded methods of investigation of the individuals' differences in the degree of the orientation of the attention worked out by the author.

Mariushuk, V. I. "Autogenic suggestion as the method of increasing the efficiency of autogenic training" (p. 72). It is revealed that the formation of habits to relaxation is easier than to relaxation to making more effective and quicker under conditions of combining the autogenic and ergonomic exercises.

Mariushuk, V. I. "On arbitrary lowering of arterial pressure in the process of autogenic training" (p. 73). It is revealed in the process of investigation that after formation of habits of arbitrary relaxation of muscles during the general relaxation lowering of both of maximum and minimum of arterial pressure including this under the conditions of relaxation takes place.

Mirovsky, K. I., Mertsalov, V. S., Selenitskii, V. I., Sutikovskaya, B. I., Katalayskaya, L. Q., Kobza, A. D. "The use of biofeedback for the increase of psychosomatic medical service effectiveness" (p. 74).

This work deals with "indication methods of biofeedback" in prevention of chronic diseases, which are not observed, "normal" and the most rational approaches to the patient's use of information on the state of his own mind and for others.

Mol'ko, V. A. "The intellectus: self-regulation in solving design problems" (p. 76).

The special method was used in these investigations (the method of "hidden hints"), which has analogies in psychotherapy and psychiatric practice (I. e. in Janousek's psychopathology).

Pavlov, I. S. "Concerning physiognomic foundations of the autogenic training" (p. 78).

This work deals with the state of "turning" in autogenic training (AT) from the point of view of the analysis of state of functional system of behavior (action (Anodin, P. K.). The relation and the role of conscious and unconscious spheres of human psychics in the state of AT is marked.

Rozhnov, V. E., Sutikovskiy, A. S. "Design for the determination of the state of tranquility in the process of autogenic training" (p. 80).

This report concerns the design, fitting a patient the opportunity of receiving reversed information about the condition of his nervous activity in the process of autogenic training. The galvanovin reflex (GSR) was used as an objective data.

Romen, A. S. "About psychic self-regulation training in childhood, youth, post-adolescence and some peculiarities of teaching psychic self-regulation in childhood and youth for medical and sanitary purposes, including sport practice are pointed out here.

Romen, A. S., Beliaeva, L. I., Ivanova, I. P. "On the usage of active self-suggestion (AS) during training in tennis" (p. 81).

It is shown the efficacy of usage of active self-suggestion (AS) according to the stages of concrete tasks in the lesson in some psychomotoric training (tennis). The influence of AS on some psychomotoric training is marked. The components, the former and the latter, peculiarities of individual AS are.

Romen, A. S., Bayseleva, Z. G., Lutikova, I. N., Davydenko, V. P. "Ability of autogenic self-suggestion in the process of formation of the stage of emotional self-suggestion" (p. 83).

Changes of electroencephalogram, epinephrine skin responses, skin temperature are investigated and compared with the results of some tests of ergonomic self-suggestion. Considerable differences in the results of some tests of ergonomic self-suggestion are marked.

Studying of the present data is continued in the future.

(autore, cross correlations) and factor analyses showed their importance for the theory and practice of self-regulation as on the whole so for self-suggestion in particular.

Savitsky, V. V., Sapitschenko, G. V., Jakimenco, A. G., Koleshko, A. A. "On the question of mechanism operation of active self-suggestion" (p. 100).

Examining the electrophysiological indices (periods of electromyograms and electrocardiograms) as a complex of portions between which the definite relations exist, the cause and effect connection between the centres and periphery was established. The formalistic methods of control characterize objectively the operations of active self-suggestion (AS) and reveal the possibility to shift to the field of individual, controllable functional therapy.

Taranuchka, A. I. "On the kind of spontaneous psychical phenomena, occurring in the state of self-suggestional immersion" (p. 100). This article deals with a description of peculiar psychical phenomena, occurring sometimes in the state of self-suggestion, immersion in some persons. They may see suddenly with their inside vision an unknown coloured motionless visual image.

Shumilov, Y. B., Kazanick, V. N. "On the influence of autogenic training on precision of time intervals marking" (p. 107). Autogenic training permitted to raise the precision of time index marking of young people, who were preparing for operator activity. There is a correlation between the success of their special training and the precision of time intervals marking.

Yazlovetsky, V. S. "On physiological characteristics of full respiration" (p. 109). The paper presents a spirographic analysis of full respiration and indicates changes in ventilatory and lung volumes during the respiratory stereotype (respiration in the medical training 'head-group' with making use of active self-suggestion (AS)).

Yazlovetsky, V. S., Rovny, A. S., Tarannik, O. I. F. "The investigation of latent period of tension, latent period of relaxation and forearm muscles temperature in the course of self-suggestion" (p. 111).

The report describes changes in latent period of tension, latent period of relaxation (LPR) and forearm muscles temperature in the state of vigilance and self-induced hypnosis. An interrelation between LPR and the index of temperature change was established.

Yarishkin, V. P. "About the aim character of physical human activity" (p. 112). This report says about psychical human activity as 'social' contents several biological system (respiratory, etc.). In the course of history as a component of man's existence (K. Marx) psychics becomes the decisive factor of 'social' progress. The effect of straight influence of individual psychical system as well as static effect which is used by yoga, self-suggestion, hypnosis is arises by the bioplasma (myoplasm).

Bakalavik, O. I., Lobkov, V. V. "Changes of blood circulation under temperature stimulation with elements of active self-suggestion" (p. 117). The report) summarizes with elements of active self-suggestion with the sick having temperature vascular pathology in the process of nestotherapy (p. 117).

The report gives data on positive blood circulation changes by the operation of active self-suggestion (AS) under nestotherapy. Results for 100 sick patients with the sick having vascular pathology in the process of nestotherapy (number care).

Bessonov, B. M., Zhmurov, V. A. "The experiments' applications of the intensive autogenic training course in the treatment of the impotence" (p. 117). Methods of applying intensively the course of the autogenic (its name (in name (AS))) for treatment of the different forms of the impotence are mentioned in the article. The rationality of applying these methods of AS for treatment of impotence is proved by clinical results.

Belyakov, G. S., Lejepekov, L. N., Kopilova, I. A. "The peculiarities of autogenic training (AT) in the psychoneurological hospital" (p. 121). Organization and methodical peculiarities of therapeutic course of autogenic training (AT) in the psychoneurological hospital are under consideration. Belyakov, G. S., Tchumakov, A. G. "On one of the variants of the combination of autogenic training (AT) with massage" (p. 123). In some cases during treatment of patients with the help of the combination of autogenic training (AT) and massage the sensory perception of muscle and soft tissue, and the application of AT to the patients became more intensive, and the application of AT is hard to be of use. In this connection the author made an attempt to find the regime, in combination of the AT and massage.

Bryazgunov, I. P., Anisimov, L. M. "Autogenic training in combination with some systematic neuroses of children" (p. 125). The authors used autogenic training (AT) in complex therapy of some systematic neuroses of children. Combination of hypnotherapy with AT was effective in treatment of enuresis nocturne and constitutes a lever of children.

Burna, M. E. "On psychical self-regulation in psychosomatic patients with hypochorhic sensations" (p. 126). The work deals with psychosomatic hypochorhic sensations both of a cutaneous and vascular character. Method of using of psychosomatic methods of self-regulation, which differ from usual methods of treating hypochorhic sensations, are suggested.

Bourtianu, V. D., Lur, Kryschta, I. V. V. "Psychical self-regulation in the system of activeotherapy of the sick with primary disorders of motility" (p. 127). On the basis of medical treatment of 70 sick with different forms of primary motility a conclusion was made that methods of psychical self-regulation are very effective on condition of their different use.

Bileiko, Tolkov, A. N. G. "The influence of self-suggestion on the motor and acid-base balance of stomach function in patients with ulcer disease" (p. 131). The report describes the data of the influence of self-suggestion (AS) on motor and secretory stomach function studied in 32 patients with stomach and duodenal ulcers. The authors used oxytetracycline (Novocid, Novocid-2000) and the main symptom of the disease is the loss of the ability to digest food. The results of the experiments show that the capacity of the stomach to digest food was increased. The authors conclude that the use of self-suggestion was effective in the case of functional training. We can say that the results of the experiments are very promising.

296-1975

Chapter II.

CLIQUE USAGE

Bakalavik, O. I., Lobkov, V. V. "Changes of blood circulation under temperature stimulation with elements of active self-suggestion" (p. 117).

49

Glazman, O. S., Logvinova, E. D. "Physiological methods of treatment of nervous disease in the elderly patients" (p. 133).
The patients are "superactive" (p. 45-72) were under observation in a children's sanatorium near Alma-Ata (1100 m. above the sea level) in the course of 4 years. The patients of the 1st group were treated with controlled respiration with elements of autogenic training. The results of the sick of the 1st group were better than those of the second one.

Gorbachev, E. B., Slobotina, N. M. "The role of pentameric in autogenic training of neurotic patients" (p. 137).
Original autogenic training methods which make use of pentameric pose are discussed in the paper.

Gorbachev, B. V., Vovk, N. P. "The role of active self-suggestion in the professional training of mentally disabled" (p. 139).
The article is about the application of active self-suggestion in combination with cultural therapy and psychotherapy in order to quicker the adaptation of mentally disabled persons to work at the sewing shop.

Danish, G. "On the medical use of psychosomatic correlations" (p. 141).
On the grounds of long observations the necessity to use the psychosomatic correlations in the process of treatment is stated. The role of the hypnotherapeutic session is stressed here. The author states that the auto-suggestion gives the sick the possibility to oppose the development of the disease independently.

Dmitrieva, T. D., L'vova, R. I. "Differentiated self-regulation techniques in neurotic treatment of postinfectious patients" (p. 144).
The paper presents the results of application of various self-regulation techniques, differentiated in accordance with the character of motor disturbances in postinfectious patients with reference to their personal peculiarities. Among the applied self-regulation techniques there was autogenic training, decimeter movements and active self-suggestion.

Dmitrieva, I. V. "To the question of limits of using the motivated self-suggestion and elements of autogenic training while treating neuroses in the children of junior school age" (p. 146).
The article presents the results of application of autogenic training in some systemic neuroses in children, among juveniles children with enuresis and enuresis were treated.

Donchenko, N. M., Kukurekina, V. V. "The significance of autogenic training in the treatment of sexual disorders in males" (p. 150).
The article deals with the treatment of sexual disorders in males. The males suffering from psychogenic sexual impotence with disordered copulation. The results are positive.

Zaitsev, V. Z. "To the problem of complex psychotherapy of neuroses" (p. 151).
The article presents the results of the complex method of complex psychotherapeutic treatment of neuroses in 70 patients with neuroses are reported in the paper.

Zaitsev, V. Z. "On the importance of autogenic training for the treatment of neuroses" (p. 151).
The article presents the results of the complex method of complex psychotherapeutic treatment of neuroses in 70 patients with neuroses are reported in the paper.

Zayashnikova, T. R. "On the use of active self-suggestion - methods of treating the sick with organic diseases of nervous system" (p. 153).
The problem of "treating the sick with the organic diseases of nervous system with the method of active self-suggestion after treatment, A. S. is 11 years old. The efficiency of the method in children therapy is proved. All this bettering a treatment to use this method more extensively while treating the sick with organic diseases of nervous system.

Zayashnikova, T. R., M. D. Zayashnikova, V. M. "The experience of use of autogenic training in combination with other methods of psychotherapy while treat a child with asthenia" (p. 157).
The article states that autogenic training (AT) in combination with other methods of psychotherapy produces a considerable effect on the mobilization of an organism's reserves while treating inorganic asthenia in hospitals.

Zorin, N. M., Dmitrieva, T. M., Dmitrieva, I. V. "On the importance of self-suggestion when treating the neurasthenic nocturnal child" (p. 159).
The experience of treating 40 children with neurasthenic nocturnal child by using the self-suggestion, demonstrated the efficiency of this method because of its property to prevent the relapse.

Kazanin, V. O., S. P. Pervova, V. V. "The supportive therapy of the patients suffering from hard degree of suffering" (p. 160).
The authors used the example method modifying in them. The basis of it is the deep psychotherapy including autogenic training. The positive results are noted.

Kazanin, N. V. "The experience of autogenic training (AT) application at the treatment of neuroses and states like under chronic myopathies" (p. 167).
The article deals with the method of treatment and results of it. The best effect of the combination of AT with hypnotherapeutic and autogenic training is pointed out here.

Kiselevov, V. A., Gorbachev, A. A. "Application of the active self-suggestion method to the patients with periodic disturbances of the heart and brain (seizures)" (p. 167).
The article presents the results of medical treatment of 110 patients with heart and brain disturbances of the brain circulation due to invasions and other factors. The results are not impressive results show that the active self-suggestion method is widely adopted in sanatorium treatment.

Kiselevov, V. A., Medovnikov, O. A. "The application of the method of supporting psychotherapy in the child of the family of patients" (p. 171).
The material of the treatment of 200 patients with organic diseases with a family history of organic training. A child with a family history of organic diseases of the brain and heart, in the first place, the first treatment of the child with organic diseases of the brain and heart, the second factor of the family history of organic diseases of the brain and heart.

Konkina, G. V. "The efficiency of self-suggestion in the treatment of sick with enuresis" (p. 171).
The article presents the results of the complex method of complex psychotherapeutic treatment of neuroses in 70 patients with neuroses are reported in the paper.

The data of application of the active self-suggestion in complex therapy of the suffering from atherosclerosis and hypertension based on the analogy of the electrotherapies (baths and laser treatment) and catamnestic of the sick illustrate the importance of it for readaptation and rehabilitation.

Koleshko, A. A., Savitskaya, V. V., Sapchenko, O. V. "The use of autogenic training in complex treatment of the patients with myocardial infarction in the ward of intensive therapy" (p. 174). The paper reveals the necessity of the autogenic training for the patients with myocardial infarction during the acute period of complex therapy within the first hours of their entry to the ward of intensive therapy.

Koleshko, A. A., Savitskaya, V. V., Sapchenko, O. V. "The use of autogenic training in complex treatment of patients with myocardial infarction in the acute period" (p. 176). The paper deals with the possibility and expediency of the use of autogenic training in general complex of therapy with the patients of vascular disease in the acute period.

Kulikova, V. P. "Active self-suggestion, employment with other restorative measures while treating invalids of the World War II with after-effects of the craniocerebral trauma" (p. 177). The paper deals with the after-effects of self-suggestion carried out on 110 invalids of World War II with after-effects of different neuropathology. The method of active self-suggestion was applied in treating patients with maximum doses of psychotropic remedies. The obtained results testify to the high efficiency of self-suggestion and permit the method to be recommended for a wider use while treating patients with organic diseases of the brain.

Lisovenga, V. L., Katsikayia, R. M., Rebold, V. M. "Active self-suggestion in complex treatment of neuroses" (p. 179). The method of active self-suggestion was applied in treating patients with different neuropathology. The usage of active self-suggestion together with minimum doses of psychotropic remedies made it possible to influence effectively unrelenting symptoms, promoted personal improvement, and activated the self-suggestion of a person.

Lobko, V. V., Baskal'yuk, O. I. "The reasons for the necessity of application of the method of psychical self-suggestion in the process of heart-vascular pathology in the process of heart therapy" (p. 182). Taking into consideration the peculiarities of the etiopathogenesis and the methods of non-pharmacological treatment in the complex treatment of the heart-vascular pathology.

Lobko, V. V., Baskal'yuk, O. I. "Methods and succession of using the methods of psychical self-suggestion in the complex treatment of the heart-vascular pathology worked out by the authors are regarded here.

Mironina, M. I. "On the use of the active self-suggestion in psychotherapy of atherosclerotic disorder" (p. 185). The positive effect of the active self-suggestion (AS) use for treatment and rehabilitation of the sick men suffering from hard diabetics disorder with the help of the ability to work (including invalids) is regarded here.

Mironina, M. I., Savitskaya, V. V. "A learning-sleep process during treatment during the treatment of insomnia syndrome" (p. 186).

The results of application of the active self-suggestion in complex therapy of the electrotherapies (baths and laser treatment). The results of treatment on the basis of the importance of it for readaptation and rehabilitation.

Nikitinov, O. N. "The results of use of autogenic training in complex treatment of patients with periodic psychosis according to systematic data" (p. 187). On the basis of observation of patients with periodic psychosis (i.e. periodic training in complex cure of patients with periodic psychosis in patients). Autogenic training and periodic self-suggestion (AS) lengthens tension and relaxes the quantity of it.

Pavlov, I. S. "Concerning the application of autogenic training (AT) in training patients with chronic alcoholism" (p. 187). The training of the adequate behaviour" (p. 187). The work done with the cases of application of autogenic training (AT) for softening the symptoms of alcoholism chronic with the help to date the personality peculiarities of the patient. The application of AT depends upon the typicality of it.

Pavlov, I. S. "The training of the adequate behaviour" (p. 187).

The training of the adequate behaviour is described. The work done with the cases of application of autogenic training (AT) for softening the symptoms of alcoholism chronic and heterogen sensitivity, without patients drink normally". The application of AT depends upon the typicality of it.

Rabchinskaya, Zh. A. "On the influence of autogenic training on the activity of psychoneurotic communities" (p. 188). The results of use of autogenic training with the purpose of stimulation of schizophrenia in small groups. The reduction of the application of this training to the treatment of sensitive patients is given.

Romanuk, V. V., Pintukovitch, A. P. "On the social-psychological investigation for the estimation of the effect of autogenic training in treatment of psychotic patients" (p. 189). An attempt to show the expediency of application of autogenic training with the purpose of stimulation of schizophrenia in small groups. The reduction of the common course of rehabilitation is mentioned in the paper.

Romanuk, V. V., Pintukovitch, A. P. "On the social-psychological investigation for the estimation of the effect of autogenic training in treatment of psychotic patients" (p. 189). An attempt to show the expediency of application of the social-psychological investigations made in this work to determine the influence of active self-suggestion on mental productivity and the dynamics of inter-personal links in a psychotic group.

Romash, A. S. "Active self-suggestion (AS) in common complex of rehabilitation and re-education of the men with psychoneurotic disorders" (p. 190).

The necessity of including re-education and rehabilitation of these men in active self-suggestion, the method of active self-suggestion and self-suggestion, and the effect of behaviour in the common complex is regarded here.

Sutiskaya, A. S. "Peculiarities of autogenic training for the patients suffering from hypertension" (p. 190). The necessity of including re-education and rehabilitation of these men in active self-suggestion and self-suggestion, and the effect of behaviour in the common complex is regarded here.

Sutiskaya, A. S. "Peculiarities of autogenic training for the patients suffering from hypertension and proba stage as the main method of treatment" (p. 190).

Sutiskaya, A. S. "Vygotsky, V. F. and the possibility of the application of autogenic training in the treatment of hypertension" (p. 190).

The present paper is concerned with the expediency of application of autogenic training in the treatment of hypertension.

The expediency of application of autogenic training in the treatment of hypertension is regarded here.

The expediency of application of autogenic training in the treatment of hypertension is regarded here.

The expediency of application of autogenic training in the treatment of hypertension is regarded here.

The expediency of application of autogenic training in the treatment of hypertension is regarded here.

The expediency of application of autogenic training in the treatment of hypertension is regarded here.

The expediency of application of autogenic training in the treatment of hypertension is regarded here.

The expediency of application of autogenic training in the treatment of hypertension is regarded here.

The expediency of application of autogenic training in the treatment of hypertension is regarded here.

The expediency of application of autogenic training in the treatment of hypertension is regarded here.

The expediency of application of autogenic training in the treatment of hypertension is regarded here.

The expediency of application of autogenic training in the treatment of hypertension is regarded here.

Sobolov, I. I., Denchenko, N. M. "Psychical self-regulation in teenagers with psychosomatic and asthenic person's development" (p. 205). This work deals with the comparative estimation of the self-regulation results in teenagers with psychosomatic and asthenic person's development. The article stresses the necessity of individualisation of self-suggestion formulas taking into consideration each patient's personal peculiarities.

Tatarsky, B. A., Tokarev, B. A., Slutskin, V. S. "On the problem of autogenic training (AT) usage in the schizophrenia curing" (p. 211). The necessity of differentiated approach to the application of autogenic training (AT) in the neurosis-like states curing is stressed in the article. The author's case of an aggravating of "secret" precessual symptomatology when practising AT on neurosis-like forms schizophrenia patients.

Tatarsky, B. A., Tarasov, E. A., Slutskin, V. S. "The application of yoga exercises and autogenic training in complex care of neck gaiter-chondrosis patients with neurosis-like states" (p. 213). The report describes the experience of successful application of exercises of yoga and autogenic training (AT) in the neurosis-like states curing developed on the background of neck extocervicosis. AT-curing is conducted according to the principles of or generating depending upon accent-symptoms.

Scheller, A. "Reprise practice in autogenic training after I. Schulz" (p. 215). The importance of reprise practice in autogenic training is stated on the basis of the carried out research, in particular for possible preventing undesirable sensations specifically in AT before sleeping.

Vachyr, P. N. "Autogenic training in complex with labourtherapy as an effective method of alcoholism curing" (p. 217). The autogenic training in combination with labourtherapy in complex temprance curing considerably brightens its "ficiency and convenience" of usage.

Yatskov, L. P. "Autogenic training with diencephalic pathology" (p. 218). The article deals with the experiment of using autogenic training (AT) in 84 patients with diencephalic pathology. The obtained data make it possible to come to the conclusion that AT with diencephalic pathology is an effective method of treatment.

Yatskov, L. P. "The application of self-suggestion to children with hyperkineses" (p. 220). The article gives therapeutic results of self-suggestion method applied to children with functional hyperkineses. The results are positive.

The ways of the self-regulation of behavior, emotional state and activity of sportsmen under the conditions of short contests, etc. have been investigated.

Osacheva, L. V. "Psycho-regulation teaching as a means of success in liquidation of school children" (p. 222). The present paper shows the experience of psycho-regulation (PR) usage in combination with psychical self-regulation in order to stimulate neurons by local children. Positive changes that took place in the pupils' motivation appear in favor of PR as a mean of liquidation of school children's nervousness.

Gor'ski, V. B. "The use of ways of physical self-regulation in gymnastics training" (p. 223).

The article presents the experience of teaching gymnasts beginners the ways of physical self-regulation (PSR) in combination with self-regulation. It was established, that a self-suggested step by step to low concentration on a definite muscle group and effectively develops physical self-regulation skills.

Gromman, A. I., Ushenko, L. G. "Psychical self-regulation as a mean of psycho-hygienic of students' mental overstrain" (p. 226).

The article deals with the study of the method of psychical self-regulation approved of 45 min as a mean of psycho-hygienic students' overstrain.

Dschtyar, O. V. "On the employment of the active self-suggestion (AS) in sports exercises" (p. 238).

The made observations show the efficiency of the use of active self-suggestion in sport gymnastics.

Dschtyar, O. V. "On the employment of active self-suggestion (AS) for the removal of conditioned reflex protective functions" (p. 241).

The experiment of active self-suggestion on (AS) method used for the removal of conditioned reflex protective functions is described. Its effectiveness is shown. The propriety active value of the method is shown.

Dschtyar, O. V. "The experience of the employment of active self-suggestion (AS) in the final part of studies in physical training" (p. 242).

The experiment of active self-suggestion (AS) method application for the restoration of the constitution after long and hard preparation for the subsequent activity is marked in the article.

Ivanov, I. P. "On the optimisation of gymnast's psychological state" (p. 244).

The questions of sportmen's psychological regulation and the possibility of its concrete practical realization are discussed here.

Katlin'sky, L. P. "On the optimisation of physical and somatic regulation in a final Julian" (p. 247).

In the article there is a short description of the method of physical and somatic regulation system of rhythmic sports used by Preliminary to high school students in preparation of the final Julian.

Kalnitsky, V. N., Slobomilov, V. B. "Some questions of self-regulation in a group of students for the end of their compulsory study" (p. 248).

The made some of the methods of self-regulation and self-education for the end of their compulsory study in groups of students for the end of their compulsory study are discussed. The results are illustrated here.

Chapter III.

OUTMEDICAL APPLICATIONS

Bankov, M. "Autoselect—the method of relaxation on the choice" (p. 225). The "autoselect" method is described. The usage of the definite formulas of autogenic training (AT) for the local influence (On muscles, muscle groups, tendons) in the definite direction (or sport) practice is taken as the basis of it.

Vasilev, B. A. "Tremor and psychical self-regulation under sports competition conditions" (p. 227).

Katach, V. N., Shamilov, V. B. "About a correction of some psychological and psychophysiological peculiarities 'rejected' with the help of psychological self-regulation methods" (p. 252).

It's shown that the methods of psychological self-regulation give the possibility to regulate some psychophysiological and psychobiological indices of the characteristics of operators performing a linguistic psychological status of 'rejected'.

Korolev, B. D. "Self-suggestion in psychotherapy and prophylaxis of heart insufficiency" (p. 253).

The role of self-suggestion against the fear of being drowned is described. The author emphasizes the necessity of introduction of a compulsory swimming course into the school curriculum and insists upon carrying out the theoretical and psychological training at sports lessons.

Mariashuk, V. L. "On the use of intercommunication of external emotional manifestations with the stability of psychical processes in purpose of psychical self-regulation" (p. 254).

It's stated by the experiments that the self-control over the external emotional manifestations and the arbitrary overcoming of them promote the overcoming of emotional tenseness and the optimisation of vegetative shifts.

Molotov, B. K. "Differentiations' application" of psycho-regulation in the process of forming the senior pupils' studies in "lives" (p. 260).

The article deals with the results of experimental investigation of differentiations' application of psycho-regulation training (PRT) with the purpose of forming studies motives. Positive changes in the motivation sphere of pupils show the effectiveness of application of PRT in the process of forming and developing motives of studies.

Nyakova, A. S. "The determination of optimum duration of the course of PRT with the purpose of forming 'difficult' pupils' positive attitude to studies" (p. 262).

The article is devoted to determination of optimum variant of the course of PRT in the process of forming positive attitude to studies in "difficult" pupils. The course of PRT in 20 lessons is stated to be the most optimum.

Ogorevich, V. G. "Psychical-regulating training and psychical regulating control in teaching process" (p. 264).

The report deals with the problem of intensification of the process of teaching foreign languages with the help of psychical-regulating training and psychical regulating control use.

Ogorevich, A. S. "On the use of music in learning foreign languages by the method of 'immersion'" (p. 265).

It's marked here that the use of music in process of teaching foreign languages by the method of 'immersion' promotes acceleration of the process of forming the linguistic skills of 'difficult' pupils in speech. It promotes the development of the skills of reading and writing in learning foreign languages.

Roman, A. S., Ivanova, E. S., Isaakov, S. G. "Correlation of the results of formation of specialized habits in fencers' preparation" (p. 269).

Some possibilities of active self-suggestion (AS) in process of formation of some learning habits are discussed. Common to them is the use of a special psychological preparation.

Roman, A. S., Kerev, A. V., Lohanova, N. N., Stepanov, V. N. "Some ways and possibilities of intensification of some sports types of physical preparation" (p. 271).

It's marked here that the use of active self-suggestion (AS) for general purpose directs and intensifies not only physical, but physical preparation also and promotes considerable development of flexibility. The result is 'much more' flexible than after special exercises for flexibility only.

Roman, A. S., Voroshin, N. V. "On the possibilities and necessities of the use of active self-suggestion (AS) by basketball players" (p. 272).

The positive influence of AS on basketball players is described on the example of a first-rate women basket-ball team. The possibilities of AS in basketball are discussed and the corresponding formation of the basis for victory is shown. The possibility of the player's preparation for making a complex task, mastery of technical and tactical activity is shown.

Some remarks made by the author are marked in the article.

Sadovnikov, A. S. "The use of relaxation in training in schoolchildren" (p. 273).

The results of the experiments show that the use of relaxation in schoolchildren leads to decline in the state of tension in the body and in the brain, to relaxation and the corresponding formation of the basis for victory.

Savchenko, A. M. "On the use of psychical self-regulation for the purpose of heightening the efficiency of the operations" (p. 274).

According to the author's statement, the use of psychical self-regulation, including actions (e. g. training, control, etc.) in the course of operations' functioning and the results of their work.

Sirov, V. E. M. "The use of major psychotherapy training in a foreign language teaching" (p. 275).

It's marked here that when the teacher is used to use major psychotherapy training in a foreign language teaching, the greater volume of language training is used in foreign language teaching.

Sirinova, N. V. "Characteristic of the use of methods of psychical self-regulation in teaching foreign languages" (p. 276).

A systematic training of electric power station operators in foreign languages is described. When the 'basis of psychical self-regulation' is used in course work, the results of foreign language training are more promising.

Trofimov, V. A. "A comparative study on the effectiveness of different methods of training foreign language teachers" (p. 277).

Trofimov, V. A. "The development of individual educational methods in foreign language teaching" (p. 278).

Trofimov, V. A. "The development of individual educational methods in foreign language teaching" (p. 279).

Some remarks made by the author are given.

Hanin, V. L. "The systematic diathermalization in interperiodic anapleurosis and rhythms" (p. 286). A discussion of systematic diathermalization experiments in interperiodic rhythms of normative and normative influences of social micro environment (influence of the process of group activities and elsewhere) are considered.

Shevchenko, E. "The influence of psycho-nerve immigrations on the effectiveness of self-regulation" (p. 287). The paper deals with the observation of three variants of using relaxation in the effectiveness of the operators of (A) help us heighten the definite psychophysiological functions of training of the operators (A) help us heighten the definite psychophysiological functions of the operators of the same operator.

Shumilov, V. B., Kulinich, V. N. "The influence of self-regulation on the effectiveness of training with the self-massage training" (p. 288). The effectiveness training with the self-massage didn't produce any effect on the operators ability to solve the problems on cardiac thinking, but it heightens the operators ability for cardiac thinking.

Yakovlevskiy, V. S. "On forming the habit of full respiration in the medical training 'Health-group'" (p. 289). The paper describes methods of forming the habits of full respiration in the medical training 'Health-group' through respiratory gymnastics and active self-suggestion (AS).

Chapter IV.

GENERAL BIOLOGY ASSOCIATED PROBLEMS

Roman, A. S. "Psychoenergetic activity and its inward and outward manifestations" (p. 301). Inward and outward effect of "psychoenergetic activity (PEA)" including its dependence with the biometric activity (B2A) is considered. In particular, the manifestation of the phenomenon ARV is stressed.

Adamenko, V. G. "Psychoenergetic and extra-motor functions of the organism" (p. 311). The hypothesis of the possibility of emergence and manifestation of the major systems of the organism is proposed. It is assumed that they are based on the existence of a special psychical field and physical energy.

Borodkova, Z. O., Bokunyukhambetova, R. A. "Investigation of the increasing of electroencephalogram (EEG) rhythms in the frontal zone with influences of red and white polarized light and the light of helium-neon laser" (p. 311). Increasing of electroencephalogram (EEG) rhythms in the frontal zone with influences of red and white polarized light and the light of helium-neon laser.

Borodkova, Z. O., Ibrashcheva, S. Zh. "On the circadian rhythm of children in the age of 7-11 in the time of sun" (p. 317). Analysis of electroencephalogram of children in the age of 7-11 in the time of sun.

In this work the dependence of speed and rhythmicity of sun on the age of 7-11 on frequency and amplitude of sun's light and the degree of its illumination in the time of sun's day are marked.

Vol'berg, N. S., Romashov, P. N. "Projection system of a face and the system of reflected afterillumination" (p. 320). The role of afterillumination in the hypothesis of "hetero-neon laser's monochromatic self-regulation of an organism" is considered. The light is thrown on some parts of the face.

Osushko, A. Z., Shvalb, O., Semenikhin, B. I., Sivtsev, S. I. "Heterochromatic red light in the projecting beams and influencing influences by means of trophic fibers, underlying vessels, and inflammatory influences" (p. 320). The possibility of "hetero-neon laser's monochromatic self-regulation" is considered. The results of the observations are discussed.

Davilko, I. A., M. T. "About a method of acceleration of reflexes of skin" (p. 321). A certain method of acceleration of "skin development" is given. The possibility of "acceleration of reflexes of skin" is given. The results of the observations are given.

In'yushin, V. M. "Biophotons and its radiations" (p. 320). Some properties of biophotons — the fifth kind of substance — are considered. Different kinds of assumed radiations of biophotons are character-

ized. In'yushin, V. M., Borel'shhev, I. D., Semenikhin, V. A., Tsigal, K. N. "About the effect of ultrasonic radiation by alive tissues in interaction with the red light" (p. 320). The information about the secondary radiation in ultraviolet zone in the interaction of helium-neon lasers rays with tissues is given. The opinion of possible receiving of stimulated radiation of biological nature is given.

In'yushin, V. M., Kireev, I. A. "Photobiography — is a method of the biological field" (p. 320). The basis is given to the new method of registration of the biological field on the ground of a contactless interaction between a biological object and photobiography.

Morozov, G. M., Roman, A. S., Terekhov, A. D. "About the question of the objective registration of fatigue by some power changes in an organism of the living" (p. 320). The possibility of distant excitation of nerves in man, meaning of the influence of fatigue on the objective registration of the power changes in the organism is emphasized.

Tukerman, V. M. "About the fluctuating character of circadian rhythms" (p. 320). Some processes of self-regulation in an organism in the time of circadian rhythms are given.

Содержание

Pittman, R. "Biological rhythms in cerebral insult" (p. 356). Emergence of the influence of the biological rhythm on the emergence of cerebral insult is described.

Ponom. A. S. Tkachenko, N. O. "About some power changes of an organism" (1955).
The reactions internal and with power structure of an organism on various influences are described. Special significance of psychogenetic influence with the help of active self-education (AS) is stressed. It is shown, that with the break of the organism's self-education the reorganization is going first of all by means of its psychogenetic activity.

Seebohren, N. N. "The influence of some factors on the intensity of the biophysical effect" (p. 358). It is marked that hypotheses doesn't influence the possibility of the emergence and intensity of the biophysical effect — BPE ("redressing"). Self-suggestion changes the manifestation of BPE.

Hruschov, V. A. "Informational aspect of the biological bond" (p. 389). The phenomenon of program resonance as a form of biresonance interactions examined. The opinion about its registration while examining the biological bond given.

Shil'nev, V. V. "About the approach to the problem of treatment of information in the central nervous system" (p. 382). The hypothesis of *neurological methods* of treatment of information in the central nervous system on the ground of *phenomenological similarity* of a number of well-known neurophysiological regularities with *holographical methods* of registration and treatment of information is suggested.

Shagarov, N. A., Voronkov, D. V. "Osteous tissue restoration in attachment by intramedullary osteosynthesis combined with the influence of laser's stimulation" (p. 365). Stimulative influence of helium-neon laser radiation in treatment by means of intramedullary osteosynthesis is examined in experiments on animals.

Romen, A. S. "Bibliographic Index" (n. 369).
The continuation of the bibliographic index (compiler — Romen, A. S.) that was
given in the symposium "Psychical Self-Representation", edition I, Alma-Ata, 1973
(impressions 665 original sources). It contains work published by June, 1, 1974 in home literature (and foreign
publications of the native authors) concerning the problem of psychical self-repre-
sentation (and other problems of the self).

Digitized by srujanika@gmail.com

согласно введенной в статье 105 Кодекса об административных правонарушениях, а также в соответствии с ч. 1 ст. 155 Уголовного кодекса Российской Федерации.

WAGNER, J. H., KYUONNO, J. H., MAEKAWA, R. P., SAWADA, D. H. *Herpetologica*, 1965, 21, 103-107.

BRITISH COLUMBIA. B. A. THOMAS H. M. PRESTON H. M. COOPERSON. 2001

and the *Journal of the Royal Society of Medicine* (1960, 53, 101-102) have also reported similar findings.

BIBLIOGRAPHY OF CLOTHESPIN

سیاست و اقتصاد اسلامی - ۱۳۹۰ - ۱۰